



Roasted Vegetable Salad

4 Servings • 1 Serving = 1 ½ Cup

INGREDIENTS

- 1 pound mixed vegetables (carrots, sweet potatoes, broccoli, and onion)
- Salt and pepper, to taste
- ½ cup olive oil + 1 Tablespoon, divided
- ½ cup lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- 4 cups arugula
- ½ cup feta cheese, crumbled
- ½ cup walnuts, chopped

DIRECTIONS

1. Preheat oven to 420°F.
2. Cut vegetables into uniform sizes and toss with salt, pepper, and 1 Tablespoon olive oil.
3. Lay the vegetables flat onto a baking or roasting sheet. Roast for 20-40 minutes or until vegetables are deeply golden in color and cooked through. The size of vegetables will determine how long you need to roast them.
4. Remove vegetables from the oven and allow to cool slightly.
5. In a mason jar, combine remaining olive oil, lemon juice, Dijon mustard, honey, salt, and pepper. Shake to combine.
6. In a large bowl, combine arugula and roasted vegetables. Drizzle with vinaigrette and toss gently to combine.
7. Top with feta cheese and walnuts.

Nutrition Facts

4 servings per container	
Serving size	(207g)
Amount per serving	
Calories	410
	% Daily Value*
Total Fat 37g	47%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 1mg	6%
Potassium 281mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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